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'THE SHOCK OF DISAPPOINTMENT'

Stunned Seahawks coach defends late-game decision. Page 22.

'MY FISTS WILL BE UP': TRUDEAU

Liberal Leader Justin Trudeau meets with Metro's editorial panel in Toronto on Monday. He admits he is already campaigning for the coming election. See coverage, pages 6 & 7. ELIZABETH BEDDALL/METRO IN TORONTO

B.C. pair plotted Canada Day bombing: Crown

Terrorism. Suspects planned to kill hundreds at legislature during busy celebrations in Victoria, court hears

A B.C. couple who styled themselves the sole members of "al-Qaida Canada" built pressure-cooker bombs and planted them on the grounds of the provincial legislature hours before Canada Day festivities, the Crown alleged Monday.

The bombs did not explode — undercover RCMP officers ensured they were inert — but John Nuttall and Amanda Korody intended to kill and maim an untold number of victims on July 1, 2013, in the name of radical Islam, Crown counsel Peter Eccles said at the start of a trial in Vancouver on Monday.

"Planting IEDs (improvised explosive devices) on the front lawn of the parliament building set to go off in the middle of Canada Day activities is a terrorist activity," Eccles told the jury hearing the case.

Nuttall and Korody have pleaded not guilty to charges of conspiring to commit murder, conspiring to place explosives on behalf of a terrorist group, facilitating terrorist activity and possessing explosives on behalf of a terrorist group.

Nuttall, 40, and Korody, who is about 30, were arrested in July 2013 after an undercover operation that began months earlier.

In the days leading up to Canada Day, the pair assembled three bombs in a hotel room in Delta, donned masks and made a video outlining their plan, the court heard. Shortly after, they gave their modified pressure cookers to their undercover contact, who brought the bombs to an RCMP facility to be filled with harmless putty and a small amount of real explosive, said Eccles. The bombs could not have exploded, he said.

Had they been real, the bombs would have created a 150-metre blast, said Eccles.

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NEWS 1

Medicine

Health-care system poised for change, says B.C. researcher

Imagine getting a full genome sequence as routinely as an MRI.

That's the future of health care in Canada, according to University of B.C. researcher Dr. Pieter Cullis, who says medicine is no longer a matter of "one size fits all."

Thanks to advancements in DNA sequencing, Cullis said doctors have the ability to practise "personalized medicine" that tailors treatment to a patient's genes.

"This is really exciting," he told Metro. "This is a tidal wave of change that is coming to the medical system."

Cullis, director of UBC's Life Sciences Institute, is one of five medical experts taking part in a public talk Wednesday about personalized medicine, an emerging field in health research that he said is already yielding promising results. For example, Cullis said it's becoming more common for cancer patients to undergo molecular testing to determine which drug is the best match for their disease.

Cullis said personalized medicine reveals an "awful lot" of detail about a person's health, including risk of disease and whether a drug will have a harmful effect.

"It's much more precise intervention," he said. "It's going to be empowering for the consumer."

The public talk on personalized medicine takes place from 6 p.m. to 8 p.m. in the Alice MacKay room of the Vancouver Public Library's Central Branch.

THANDI FLETCHER/METRO

Vancouver Mayor Gregor Robertson and Surrey Mayor Linda Hepner kick off the Vote Yes for Better Transit campaign on Monday at Vancouver's Waterfront Station. MATT KIELTYKA/METRO

Mayors ride rails to rally 'Yes' vote

Transit. Critics say as much as $4 million may be spent convincing the public to vote 'Yes'

MATT KIELTYKA
matt.kieltyka@metronews.ca

The region's mayors mobilized on Monday in support of their grand 10-year transit plan and the sales tax that goes with it.

Mayors from across the region, led by Vancouver's Gregor Robertson and Surrey's Linda Hepner, rode the SkyTrain into the downtown core during the morning commute as they officially kicked off the "Vote Yes for Better Transit" campaign.

The municipal leaders are actively pushing a "Yes" vote in the spring plebiscite on transit funding, insisting that a 0.5 per cent Congestion Improvement Tax is the best way to pay the region's share.

Already, there is a concerted effort from mayors to distance the plan from TransLink, which has been the main target for "No" campaigners.

"It's important that everyone realizes this is about the mayors' plan for the region. This is not about governance structure at all; that can be dealt with down the road," said Hepner. "(New funding) will be independently audited every single year as it's collected through the province. So it will sit there and be diverted to those projects, and only those projects, within the mayors' transportation plan."

TransLink's existing advertising budget and municipal coffers may sell the mayors' vision to voters, but Robertson wouldn't say how much the public blitz will cost. Critics have speculated as much as $4 million could be spent convincing the public to vote "Yes."

"The campaign plan is still being built," Robertson said. "We'll see a variety of (revenue) sources from across the region because this is so important for our future."

The mayors' $7.5-billion, 10-year plan includes expanded bus transit and road improvements throughout the region, a subway line along Broadway in Vancouver, light-rapid-transit lines in Surrey and a new Pattullo Bridge. Any hope the proposed tax would be short-lived was nixed, once and for all, by Port Coquitlam Mayor Greg Moore, who said the tax would still be required beyond 10 years to sustain the operational costs.

The plan is endorsed by all but three of the region's mayors (those from Burnaby, West Vancouver and Maple Ridge).

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Hotel to be converted into international student housing

Renovation. Units will rent for about $1,000 to $1,100 per month

It's hard enough for Vancouverites to find apartments to rent, let alone for international students who must secure a place from afar before arriving in Canada.

To make it easier for the growing number of international students flocking to study in the city, the CIBT Education Group bought the 17-storey Viva Suites hotel at Drake and Howe to provide more than 200 beds.

The company owns Sprott Shaw College and the Ascenda School of Management and partners with more than 100 other educational institutions that are tasked with helping students find home stays or apartments.

"We are facing some significant challenges placing students into affordable yet comfortable and secure environments," CEO Toby Chu said Monday.

The problem became especially pronounced after the federal government opened the floodgates for international students last year, Chu said, adding there's an estimated 112,000 international students in the Lower Mainland.

It made sense to invest $37 million to convert the long-range business hotel into a space for students, considering the decreased demand for lengthy business trips, the city's miniscule rental vacancy rate and the massive wait list for dorms at the University of British Columbia, he said.

Units are between 400 and 800 square feet and will rent for about $1,000 to $1,100 per month. The company will convert some larger single rooms into two bedrooms to allow for roommates but does not need to change the building's zoning.

EMILY JACKSON/METRO

One of the rooms that will be converted into student housing at the Viva Suites hotel at Howe and Drake in downtown Vancouver. CONTRIBUTED

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Crime

Knife-wielding man robs women at bus stop

Police are searching for a suspect after two women were robbed at knifepoint while waiting for a bus in Vancouver's Strathcona neighbourhood late Saturday night.

The incident happened on Prior Street near Campbell Avenue around 11:30 p.m., police said.

Two women, aged 25 and 30, were waiting for a bus when a man carrying a large butcher knife approached them and demanded their valuables, according to police.

Police said the man took off after grabbing one woman's bag and was last seen running westbound on Prior Street.

He is described as white, 30 to 40 years old and five-foot-10 with an athletic build. Police said he was wearing a black rain jacket and his face was covered with a red bandana. THANDI FLETCHER/METRO

Shooting

Mountie back in hometown hospital

An RCMP officer shot at a traffic stop in Kamloops has been transferred back to a hospital in his hometown after treatment at a Vancouver facility.

Forty-one-year-old Cpl. Jean-Rene Michaud was gunned down at a traffic stop in early December, sparking a manhunt for the shooter.

Michaud's wife, Colleen, issued a statement last week saying her husband has shown courage and strength through many surgeries, countless complications with setbacks and faces a long road to recovery.

But she said the family was finally feeling confident that Michaud will overcome his substantial injuries.

Kenneth Knutson is behind bars awaiting trial on various charges, including attempted murder. THE CANADIAN PRESS

Vancouver Island

Coroners put name to female body pulled from river

The coroners service has identified a woman who was pulled from a fast-flowing river on Vancouver Island.

Twenty-six-year-old Veronika Weaver of Comox could not be resuscitated in hospital on Friday, when a baby was also rescued from the water.

Regional coroner Matt Brown says the unidentified child is still in BC Children's Hospital in Vancouver.

Passersby spotted Weaver and the baby in the Puntledge River near a bridge near downtown Courtenay mid-afternoon and called authorities. Brown says Weaver was pulled from the river by members of the RCMP and search-and-rescue volunteers about 1.5 kilometres downstream. THE CANADIAN PRESS

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The skate spot at Mount Pleasant Park is described as "entry-level" on the city's website. CONTRIBUTED

Plan for new Jonathan Rogers skate park held

Skateboarding. Mount Pleasant residents complain of noise off existing skate park nearby

EMILY JACKSON
emily.jackson@metronews.ca

The Vancouver park board has put the brakes on a plan to lure adults away from the Mount Pleasant skateboard park with a brand-new, more challenging skate spot just eight blocks away.

The park board was scheduled to vote Monday night on the plan to build a $200,000 skate spot at Jonathan Rogers Park and simultaneously make changes to the existing skate spot at West 16th Avenue and Ontario.

The board pulled the item from the agenda at the last minute because it lacked financial details, park board spokeswoman Margo Harper said.

The hope remains that a harder park in a light industrial zone would lure older users away from Mount Pleasant and reduce noise complaints. But staff recognized a new park might not solve all the problems, so it will provide a more thorough report before the park board moves forward, Harper said.

The skate spot, designed for beginner use and built in spring 2012, has been extremely popular among all age groups and resulted in noise complaints from residents whose homes are about 50 yards away.

"It's the slap, slap, screech, screech. That is the most irritating sound on earth, and it's morning, noon and night," resident John Pearson said Monday.

He's baffled the park board built the skate spot so close to homes, since a 2010 community consultation of desired park uses ranked skateboarding dead last.

He also can't figure out why the park board hasn't done more to address the noise issues. An acoustic study found that it does indeed exceed acceptable levels, according to a 2013 consultant's report.

The park board built a fence around the skate spot in summer 2014, but Pearson said that only helped for about a month until people started jumping the fence. Other interventions such as an increased park ranger presence haven't appeased residents, either.

"We've got nothing against skateboarders. Our issue has been and always will be how the park board handled the situation," he added.

Pearson wholeheartedly supports the new skate spot at Jonathan Rogers Park but wants the park board to do something about the noise near his home.

The Vancouver Skateboarding Coalition is also frustrated the park board hasn't done more to address noise issues. It suggests building a sound berm around the area, although the park board says that isn't viable.

Regardless, the skateboarders want to work with residents to come to a solution, especially since age doesn't reflect skill, so a harder park elsewhere likely won't do the trick.

Quoted

"It's the slap, slap, screech, screech. That is the most irritating sound on earth, and it's morning, noon and night."

John Pearson, who lives near the Mount Pleasant skateboard park

Jailed journalist gives up Egyptian passport

Cairo. Mohamed Fahmy relinquishes citizenship in exchange for freedom

An Egyptian-Canadian journalist imprisoned for more than a year in Cairo has relinquished his citizenship as a condition of his release, his fiancée said Monday.

Marwa Omara said it was "a very hard" decision for Mohamed Fahmy.

"He is a proud Egyptian that comes from a family of military servicemen," Omara said in an email to The Canadian Press.

"They told him: 'Nationality is in the heart, and you can come in as a tourist.'"

It remained unclear when exactly Fahmy would be released. However, Foreign Affairs Minister John Baird told CBC on Monday that Fahmy's release was "imminent." He declined to provide any more details.

The 40-year-old was expected to be deported to Canada when released.

Fahmy's mother sent a public letter to Egypt's president on the weekend, calling her son an "innocent" man in urgent need of medical treatment.

"Mr. President, as a journalist my son never strived to tarnish Egypt's image. It's this Al Jazeera case that now smears Egypt's reputation abroad," wrote Wafa Abdel Hamid Bassiouni.

Fahmy and two Al Jazeera colleagues — Australian journalist Peter Greste and Egyptian Baher Mohamed — were arrested in December 2013 and convicted of terror charges related to their coverage of the violent crackdown on Islamist protests. They were sentenced to between seven and 10 years.

Greste was finally freed on Sunday.

Prison officials and Egypt's official Middle East News Agency said Greste's release resulted from a "presidential approval" and was co-ordinated with the Australian embassy.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Imprisonment

Egyptian authorities had accused the three journalists of providing a platform for ousted president Mohammed Morsi's Muslim Brotherhood, now declared a terrorist organization. But authorities provided no concrete evidence.

- The three were widely seen as having been caught up in a regional power struggle between Egypt and Qatar, which funds Al Jazeera and strongly supported Morsi.
- The journalists and their supporters insisted they were simply doing their jobs during a time of violent upheaval.

Guy Turcotte to remain out on bail until trial

Guy Turcotte appears in court in an artist's sketch from Nov. 14, 2013, in St. Jerome, Que. The former doctor charged with killing his children will remain free pending his trial, as Quebec's Crown prosecutor's office said Monday it would not appeal the matter further. MIKE MCLAUGHLIN/THE CANADIAN PRESS

Parliament

John Baird to resign as foreign affairs minister

John Baird, one of Prime Minister Stephen Harper's most trusted and high-profile cabinet ministers, is resigning his foreign affairs post and will not seek re-election later this year.

Multiple Conservative sources tell The Canadian Press that Baird announced the news Monday, and the news shocked even some of his cabinet colleagues. It is still unclear where Baird is headed, and International Trade Minister Ed Fast appears poised to take over as acting foreign minister.

Baird has been the voice of Harper's foreign policy, one that is resolutely pro-Israel, and circumspect about multilateral organizations such as the United Nations.

THE CANADIAN PRESS

Supreme Court

Ruling expected on assisted suicide

The Supreme Court says it will release a much-anticipated ruling on assisted suicide on Friday.

Although the two main figures in the case have died, the B.C. Civil Liberties Association's effort to change the law continues.

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MetroTalks Justin Trudeau

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"WHAT MATTERS IS WHAT YOU DO WITH WHAT YOU'RE GIVEN"

ROSEMARY WESTWOOD
Metro in Toronto

Justin Trudeau's pitch for prime minister goes roughly like this: It's not that Canadians can trust him; it's that he trusts them.

The trademark of his leadership would be openness in government, society and politics, he told Metro editors and reporters during an hour-long interview on Monday.

His caucus will be able to vote by their conscience. He will separate his own religious beliefs (he's Catholic) from his politics (he's pro-choice). Collaboration, not "divisive" politics, will reign.

Trudeau was accompanied by a low-key entourage and equipped with more polished answers than some of his previous offhand gaffes would suggest.

Like the Liberal Party itself, Trudeau has yet to release an official platform. He kept his answers to generalities about what he would do if elected: invest in education, create a more diverse economy, work more closely with municipalities, and better support indigenous communities.

If his policies are still opaque, he is clear about the kind of politician he promises to be.

The Liberals won't use attack ads, like the ones already running against him. They might work, he admitted, but will lead to a divided country.

"I would rather campaign with one arm tied behind my back than have to govern with one arm tied behind my back," Trudeau said.

While the Conservatives have tried to use Trudeau's privileged upbringing against him, he embraced it as one of the reasons he's running for prime minister.

"I recognize that I've been incredibly, incredibly fortunate in my life," he said, but his parents "drilled" into him that "what matters is what you do with what you're given in life."

That's why he chose to become a teacher, and it's why he wants to be prime minister, he said.

His father, former prime minister Pierre Trudeau, taught him to stand by his convictions, despite political costs.

"My mom taught me actually to like people, which my father wasn't always very good at," he said, and laughed.

She also taught him that there is strength in vulnerability, after going public about her struggle with bipolar disorder a decade ago and helping influence public discourse on mental health.

"People were unbelievably supportive," Trudeau said. "For me that is an incredibly powerful message."

It could also help explain his own candid, relaxed approach to the public: Being vulnerable could be a powerful tool to win voters.

But don't expect a push-over, he warned.

"I will not take things lying down, and we will be very, very strong in our contrast, in the ideas we disagree with, the positions we dislike," Trudeau said.

Presumably, the party will also be very clear about what policies it does agree with, when it finally releases a platform.

"Let's be very clear. My fists will be up. I am a boxer," he said.

What that can mean for Canada's future remains to be seen.

On women...

Catholic — and also pro-choice

On the divisive issue of abortion Justin Trudeau has a practised answer. It's one he says is based on personal conviction, not political strategy.

He supports a woman's right to choose.

He's Catholic, but said that elected representatives should not impose personal views on entire communities.

"I've sat down with a number of bishops, archbishops and even a cardinal and I've talked about the fact that their job as priests is very different than my job as a leader, as a politician," he said.

He has been outspoken on women's issues in the past. He was tested last year when two Liberal MPs were accused of sexual harassment. He kicked both out of caucus.

"Most workplaces are further ahead than the House of Commons was, and that's why there was very little I could do within our existing system, which is why the actions I took were fairly decisive."

He sighed before answering that cultural change is needed before legislative change.

"Our judges, our judicial system, our police, our investigators, are in a very, very difficult situation responding to something like that, that's already happened and in many cases, ends up being he said, she said," he said.

"There's a big culture shift that's ongoing, that needs to continue."

Trudeau also spoke on the coming debate about euthanasia.

On Friday, the Supreme Court is expected to rule on Canadians' right to die with dignity and Trudeau expects a "serious" debate.

"We have to have that balance of personal choice and rights of an individual to decide about their life, and the responsibility to protect vulnerable individuals from abuse.

"That's a balance that is at the core of my own views and values and convictions."

JESSICA SMITH CROSS/METRO

Quoted

"My mom taught me actually to like people, which my father wasn't always very good at."

Justin Trudeau

Prime Ministerial ink

"I know we're a federation. We're not always going to get along, but we do share a vision about what is going to be needed and I know we can work better," Justin Trudeau said Monday in a sit-down interview with Metro. ELIZABETH BEDDALL/METRO

On balancing security, prosperity and freedom

JESSICA SMITH CROSS
Metro in Toronto

Liberal Leader Justin Trudeau spoke at length about his values in an hour-long interview with Metro on Monday and had answers to some, but not all, of our questions on how he would put those values into policies he'd champion as prime minister.

On youth and the middle class...
Trudeau said he knows that many young Canadians feel prosperity is passing them by; that their generation will not have a home, a pension, an education without crippling debt, good employment prospects and economic security upon which to start a family of their own.

"Young people are feeling that," he said, "and their parents are feeling that this is a breakdown in the idea of Canada, that every generation is supposed to have greater opportunities and be able to get a better quality of life than the previous generation."

That breakdown is a source of tremendous anxiety that's toxic to the country, he said.

His plan to solve it starts with investing in education: better bursaries and loans, looking into tying the repayment of student loans to income, and allowing Canadians to use RESPs to continue their education throughout their careers. Improving the middle class, according to Trudeau, means improving the infrastructure it relies on, particularly transit, as well as encouraging both a "resource and knowledge economy."

Closing the wealth gap "means supporting middle-class Canadians, not supporting the wealthy. That means we're competitive in terms of corporate taxes, but not creating giveaways in hopes that corporations will create jobs."

On the environment...
Trudeau criticized Prime Minister Stephen Harper's recent talk on climate change, suggesting his words were prompted by the election year and not "some kind of road to Damascus" realization that climate change exists.

Trudeau's position on climate change is to support the provinces as they create systems for putting a price on carbon: Alberta has a levy, B.C. a carbon tax and Quebec a cap-and-trade system. Ontario has a plan in development.

"If we can't demonstrate to our trading partners and our citizens that we are serious about protecting the environment and building the economy in a way that is sustainable and helpful to communities, people are going to remove any sort of social licence for mega projects, for pipelines for initiatives that are important for the economy," he said.

On terrorism...
Trudeau doesn't know yet what the Liberals' response to C-51 — the government's anti-terror bill that expands CSIS's power and criminalizes promoting terrorism — will be, but his caucus is going over the details and will debate it Wednesday.

"The fundamental responsibility of any government is to keep its citizens safe," he said. "Whether it's rail safety — as we learned with Lac-Mégantic — whether it's protection against jihadists and international terrorists and radicalization, that's something the government needs to do."

Trudeau said the Liberals have been calling for public and parliamentary oversight of Canada's spy agencies, and the balancing of safety with the protection of Canadian values.

On legalizing marijuana...
Trudeau said his commitment to legalizing marijuana comes from his own values related to personal freedom and protecting the vulnerable, not political strategy.

"It's all about allowing adults to make their choices while protecting kids much better than we are now," he said. "Our current approach isn't protecting our kids, we need to protect the vulnerable, while respecting people's freedoms."

On cities...
In nearly 150 years since Confederation, Canada has shifted from 80 per cent rural and 20 per cent urban, to the opposite and it's time to recognize that cities deliver a majority of services on a fraction of the tax base, Trudeau said.

His party is looking at creating another mechanism — something akin to the gas tax — that empowers cities to build infrastructure, he said.

Trudeau said it's time to stop finger-pointing and recognize that all governments serve the same citizens, so as prime minister, he'd meet with the premiers and the country's mayors and aboriginal leaders, to help them build their long-term plans.

"I know we're a federation. We're not always going to get along, but we do share a vision about what is going to be needed, and I know we can work better, much more efficiently on delivering those needs instead of just saying, 'Hey, Ottawa's balanced its books, now it's up to Toronto or Ontario to do it on their own.'"

ALL PHOTOS: ELIZABETH BEDDALL/METRO

Tat test. Trudeau draws his dream-job tattoo

Asked to sketch a tattoo appropriate for the PM, the famously tatted Justin Trudeau paused only briefly before he started drawing what looked like a flagpole.

His aides told him it was time to go, but Trudeau kept sketching. In remarkably accurate detail, he spent several minutes creating a Quentin Blake-esque rendering of the Peace Tower on Parliament Hill — complete with a green copper roof and clock, a small Canadian flag and mini parapets.

But don't expect him to head to the tattoo parlour on Election Day: "I have all the ink I'm going to get. I'm not going to get more tatted up," he said, calling tattoos "addictive."

Trudeau's shoulder is inked with a globe he got in his 20s, surrounded by a Haida raven, added on when he turned 40.

Trudeau reverted to teacher mode on his way out, asking if anyone could pinpoint the one inaccurate detail.

There isn't a maple leaf on the face of the clock tower?

Correct, said the teacher.

ROSEMARY WESTWOOD/METRO

Nigeria

Terrorism disrupts election campaign

A female suicide bomber killed herself Monday when she exploded a vehicle packed with explosives near a stadium where Nigeria's president had just held an election rally in the north-eastern city of Gombe, police said.

They said there were no other casualties.

No one immediately claimed responsibility. Most suicide bombings are blamed on the Islamic extremists Boko Haram, who are against democracy and have vowed to disrupt the Feb. 14 elections for the president, state governors and legislators in Nigeria, Africa's richest and most populous nation.

THE ASSOCIATED PRESS

Climate change

2014 temperatures among warmest

The UN weather agency says 2014 was the warmest year on record, though the temperature difference with 2010 and 2005 is so small that it's impossible to say for sure which of the three years was the hottest.

The World Meteorological Organization's (WMO) analysis Monday mirrored findings two weeks ago by NASA and the National Oceanic and Atmospheric Administration and also included data from the Met Office in Britain.

WMO chief Michel Jarraud said warming is expected to continue as atmospheric levels of heat-trapping CO2 rise.

THE ASSOCIATED PRESS

Brussels

Man charged with threatening EU parliament

Belgian police evacuated hundreds of people Monday from the European Parliament to search a car for explosives, then arrested the owner — a man clad in camouflage gear who had a gun and a chainsaw stashed in his vehicle.

Police found the firearm and chainsaw but no explosives, according to the public prosecutor's office.

The suspect, identified as a Slovak national born in 1982, was charged with "threatening an attack, possession of an illegal weapon and unauthorized possession of a firearm requiring a licence." THE ASSOCIATED PRESS

Japanese PM questioned on hostage deaths

Terror. Abe pledged $200M in non-military aid days before ISIL demanded ransom

Japanese Prime Minister Shinzo Abe defended his policy toward terrorism, as the flag at his official residence flew at half-staff Monday in a mark of mourning for two hostages killed by the Islamic State of Iraq and the Levant (ISIL) group.

During a long day of parliamentary debate, Abe parried numerous questions about his handling of the hostage crisis, which came to a grisly end with news early Sunday that journalist Kenji Goto had been beheaded.

Abe said his announcement of $200 million in non-military aid for the fight against ISIL, made during a visit to the Middle East just days before the militants demanded a $200-million ransom for the two hostages, was meant to convey Japan's strong commitment to battling terrorism and fostering peace.

Some have questioned that decision, saying Abe should have been more cautious and not mentioned ISIL by name.

Abe confirmed that he was aware of the hostage situation when he made the announcement. He said he wished to publicize Japan's contribution to the fight against extremism and rejected the idea of a more cautious approach.

"The terrorists are criminals," Abe said. "We are determined to pursue them."

THE ASSOCIATED PRESS

Liberia launches trial of experimental Ebola vaccines

A woman is injected by a health-care worker as she takes part in an Ebola virus vaccine trial at Redemption hospital in Monrovia, Liberia, Monday. A large-scale human trial of two potential Ebola vaccines got underway in Liberia's capital, part of a global effort to prevent a repeat of the epidemic that has now claimed nearly 9,000 lives in West Africa.

ABBAS DULLEH/THE ASSOCIATED PRESS

CRTC moving in right direction: Expert

Television. Gregory Taylor, an advocate of over-the-air TV, feels it still has a place in the evolving on-demand marketplace

As beleaguered local television stations continue to face cutbacks and web-streaming services like Netflix take off, the future of antenna television looks fuzzy.

Nevertheless, last week CRTC chairman Jean-Pierre Blais voiced his crystal-clear support for over-the-air television, which is broadcast on open signals and available without a cable-subscription package. The announcement comes after a long discussion on the future of television between the CRTC and more than 13,000 Canadians — about everything from over-the-air to pick-and-pay cable subscriptions — called Let's Talk TV.

It means that over-the-air TV is here to stay, at least for now. Torstar News Service spoke with Gregory Taylor, a Ryerson researcher and expert on over-the-air television.

What was your take on Jean Pierre Blais' speech?
I was pleased by all three major decisions. I thought that they were very much not just consumer-centred but citizen-centred. And I think the CRTC took a big-picture view — and its position as a public regulator quite seriously — and realized they were not just beholden to business interest.

Why is over-the-air television important to you?
Because it means that we are not restricted to cable and satellite subscription if we want to have access to broadcasting. If you remove the over-the-air sector, then we have no choice. The distributors have a complete stranglehold on things that are supposed to be public information, like news and current events.

I'm not saying that all channels should be free, over-the-air, but there should be a baseline that citizens can access.

How is over-the-air television being used south of the border?
Over-the-air is being used in a far more advanced way (in the U.S.) than we are in Canada. Take any comparably sized city in the U.S. ... and what you'll get is a list often between 40 to 60 channels (available over-the-air). You can put up to four channels on one licence … In Canada, nobody is doing that, but in the U.S. they are.

We have a very weak over-the-air system compared to the U.S., and most of it has to do with the fact that the same companies providing us our over-the-air channels in Canada also sell us cable and satellite subscriptions.

What do you think the future of television is, and where does over-the-air fit in that?
Some people will say everything is going online. But if you take a look at viewership numbers, they've actually remained stable over the last 10 years.

We've seen music fall off a cliff, we've seen bookstores closing down all over the place. Right now, cable and satellite companies are healthy and totally fine.

To me, the future is certainly far less linear than over-the-air offers. It will be a smaller part of the market; I have no illusions that way. But I still think it serves a purpose. TORSTAR NEWS SERVICE

Gregory Taylor, who is also the author of Shut Off: The Canadian Digital Television Transition, says TV distributors have a near-complete stranglehold on public information such as news and current events. ISTOCK

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Oilsands

Feds are hiding reports, critics say

Critics say the federal government has been trying to hide legitimate concerns about the consequences of oilsands pipelines by keeping a report under wraps on the possible environmental threats posed.

"If this report has been around since 2013 and not been released, then it makes me think they must be trying to hide something," NDP environment critic Megan Leslie said Monday.

Francois Poirier, president of TransCanada's Energy East pipeline project, downplayed such concerns, saying there have been a number of studies indicating that diluted bitumen behaves like any other type of crude-oil product that moves through the pipeline.

However, the unpublished report on environmental threats from oil and bitumen pipelines says that little is known about the potential toxic effects of oilsands products in oceans, lakes or rivers. THE CANADIAN PRESS

Lululemon founder resigns from board

The founder of Lululemon Athletica Inc. is stepping down from the company's board and turning his attention to growing his family's newest venture, a clothing company founded by his wife and son.

Dennis (Chip) Wilson started Lululemon in 1998 in Vancouver after taking a yoga class and helped turn it into an international brand, with more than 250 stores.

However, he had been at odds with the Lululemon board after resigning as chairman in 2013 and tried unsuccessfully to oust two directors from the board last year, saying they were not focused enough on product innovation.

James Courtovich, a spokesman for Wilson, said the founder's frustration with the board stemmed from their refusal to adopt a new fabric his wife had created, which she calls "Technical Cashmere."

Wilson offered the fabric to Lululemon three times, but each time the board rejected it, Courtovich said. That spurred Wilson's wife and son to start a clothing company called Kit & Ace, which uses the fabric.

Wilson said in a statement Monday that his decision will give him more opportunity to grow that business, which has five stores in Canada and two in the United States.

"I have achieved the goals I set when I came back, and after careful thought, I believe now is the right time to step away from the board," Wilson said.

Wilson had left Lululemon in 2012 to take a sabbatical in Australia. He says he was asked by the board to return in the spring of 2013. THE CANADIAN PRESS

Lululemon founder Chip Wilson THE CANADIAN PRESS FILE

Market Minute

DOLLAR 79.31¢ (+0.84¢)

TSX 14,900.47 (+226.99)

OIL $49.57 (+$1.33)

GOLD $1,276.90 US (-$2.30)

Natural gas: $2.680 (-1.1¢)
Dow Jones: 17,361.17 (+196.22)

VOICES

FAST-FOOD TRANSPORTATION

The referendum on congestion improvement sales tax is a chance to add healthier transportation choices to the menu (See: Walkability)

YOUR RIDE
Karen Quinn Fung

A woman walks along the seawall at Kits Point on Thursday. JENNIFER GAUTHIER/FOR METRO

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
vancouver@metronews.ca

Last week, Dr. Patricia Daly, in her role as chief medical officer for Vancouver Coastal Health, endorsed a "yes" vote for referendum on the 0.5 per cent congestion improvement sales tax, on account of its benefits for public health.

Dr. Daly is echoing what an increasing number of medical professionals from multiple perspectives are saying about the health benefits of walkable environments. But wait, isn't this referendum about transit?

The sales tax will directly support projects enhancing walking and cycling safety. Every transit trip starts ends with, and involves, walking. More transit service means more people walking to and from stops, allowing more vibrant streetscapes that even more people within walking distance can enjoy.

Imagine that you choose how you make trips the way you choose meals at a restaurant. Building car-dependent neighbourhoods that are unsafe and unfriendly for walking, cycling and taking transit effectively takes and keeps things off the menu. Only double cheeseburgers for you, without extraordinary effort — no matter what you had this morning, what you're feeling like today, or what condition you have or know you're at risk of.

Just like fast-food joints have been rethinking what their customers want, the referendum is our chance to add more transportation choices to more people's list of options. It's up to us to put those healthy choices on the menu. Bonus: It happens to save us all money on health care in addition to helping individuals stay happier and healthier.

Docs are rethinking their old finger-wagging approach. In January, the chief science officer for the Canadian Diabetes Association cited the overwhelming focus on diet, exercise and personal behaviour in treatment of Type 2 diabetes as an obstacle her field needs to overcome, since it takes away resources and attention from educating the public on the role the environment (i.e., walkability) plays in managing and preventing diabetes.

Put simply? We engineered the physical activity out of our lives, and now we're hurting for having built our communities this way. A study of neighbourhoods in southern Ontario over the course of 10 years observed rates of diabetes declining seven per cent in walkable neighbourhoods.

Is our knowledge perfect? No, this isn't a panacea. Some folks will still be at risk, their choices will continue to play a significant role in their outcomes, and many of them will sadly get and stay sick.

But right now, this is what an ounce of prevention looks like. It gives more of us a chance to dodge the bullet of these illnesses. Next week or next decade, that person wanting or wishing they'd had that chance might be you.

We know what works. Let's build it.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

Ignore the rodent prognosticators and embrace winter

MELISSA DUNNE
readers@metronews.ca

Poet T.S. Eliot famously declared April as the cruellest month. I disagree: It's definitely February.

In our desperation to bring a swift end to the coldest and wettest season, we jump at — as we did Monday — weather forecasts from groundhogs and men in top hats. Nova Scotia's Shubenacadie Sam and Quebec's Fred la Marmotte both saw their shadows. Ontario's Wiarton Willie and Manitoba's Winnipeg Willow did not. Will there be six more weeks of winter or early spring? Hmm. Not to sound as grumpy as Bill Murray in the 1993 classic Groundhog Day, but it's time to take your head out of the frozen ground — winter is here for a while, so we may as well embrace it.

The first official day of spring is March 20, but many parts of the True North will have snow well past that date. In Halifax, the Old Farmer's Almanac predicts rain, wet snow and flurries for the last week in March. While Vancouver doesn't get much white stuff, the area is set to see snow and rain from March 17-21, according to the almanac. Last year Ottawa saw snow on April 15, according to the Government of Canada's website. Calgarians were posting photos online when the city was hit by a very late spring snowstorm on June 6, 2009. Yes, June.

So regardless of whether you believe the premonitions of huge rodents or climatologists, we need to accept that cold, wet weather is here for a while. With that in mind, here are my tips for making it through the rest of winter without melting down like all that snow on the ground when the salt hits.

Winter's here for a while

So regardless of whether you believe the premonitions of huge rodents or climatologists, we need to accept that cold, wet weather is here for a while.

Buy the right gear

When my family first emigrated from Dublin, we hit the local Sears and bought one-piece snowsuits and woolen ski masks. Canada gets cold, but there's generally no need for a ski mask unless you're actually skiing. But it is worth splurging on a down-filled parka, shearling trapper hat, wool scarf, waterproof mittens and sturdy winter boots. In Vancouver, I recommend Gore-Tex and galoshes. Most of these items are now on sale — go get some.

Don't be afraid to fall

Then, wrap up and get outside. After years of hibernating indoors like some sort of bear-human hybrid, I have enacted Project Embrace Winter. I skate. I have snowshoed. I've even tried cross-country skiing, and all I did was fall and struggle to get up over and over again. But I'm out there embracing winter.

Add some Baileys

After a long day of doing winter sports poorly, I'll make some hot coffee. Or if you have a sweet tooth, chop up some baking chocolate, warm some milk on the stove and throw in some sugar and marshmallows. I usually add a dash of Baileys, too. While I'm now a dual Irish-Canadian citizen, I am still a Dubliner at my cold, shivering core.

Find a way to warm up to our cold weather, which will likely last well past the equinox. And no matter what the rodent soothsayers say, Canada Day is still a very long 21 weeks away. Then we can all stop complaining about the cold and wind chill and start complaining about the heat instead.

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Kim Kardashian ALL PHOTOS GETTY IMAGES

Kim's not sorry for bringing up the Bruce brouhaha

There's trouble in the Jenner-Kardashian compound, and it apparently stems from comments that the most famous of the brood, Kim Kardashian, made in an interview with Entertainment Tonight last month expressing support for "what Bruce (Jenner) is going through." What he's reportedly going through is transitioning from male to female, though no official announcement has been made at this time. Hence the family strife. "Kim has not even tried to apologize because she says she was helping him and the ratings of the TV show," a source tells Radar Online. "Unfortunately, the more Kim talks, the more famous she gets. She has pulled this kind of stunt before and has lost friends and lovers. But she honestly does not care. She just moves on." And honestly, I'm surprised by the family outrage. If anyone understands the "I was trying to boost our ratings" argument, it's those people.

Sorry, British supermodels — you're no longer a thing

Carol White, the modelling agent responsible for such '90s fashion titans as Naomi Campbell, Claudia Schiffer and Linda Evangelista, is calling time of death on Great Britain's future as a supermodel talent pool. "The British are s—. Even if they're from a poor background, British girls have everything," White, herself a Brit, tells the Sunday Times Style Magazine. "They come from, say, Newcastle, and they don't want to leave their mates or their boyfriend — they're torn. We're not as fit. Maybe we eat too much."

Naomi Campbell

Kanye West and two Super Bowl fans

Kanye doesn't want to be in your selfie, all right?

Kanye West went to the Super Bowl, but he didn't look too happy about it. Or maybe he just wasn't too happy about being roped into a couple of fans' attempts at a selfie with the star. He just looks so miserable, right? Seriously, did he just send his Madame Tussauds wax figure to the big game in his stead?

Kate wouldn't change a #&@$!% thing about the way she's raised her kids

Kate Winslet takes a positive attitude when it comes to helping her children cope with divorce. "I think it's very important to teach your children to struggle on some level," she tells Harper's Bazaar.

"I would honestly say that I wouldn't change a thing. Even all the bad bits. It doesn't matter how s—y times have been, they all matter, because those things shape who you are. And if you don't like who you are, well, then you're f—ed, really, aren't you?" Way to bring everybody down, Kate.

On the plus side, she's also got a great take on the whole "losing the baby weight" mania following the birth of her latest child, Bear. "There's a big part of me — now more than ever before — that feels a sense of responsibility for how other women view themselves," she says.

"Take having the baby, for instance. Have I actively been on a diet to lose my baby weight? No, I haven't. I genuinely bloody haven't. I so didn't want to be one of those, 'Oh wow, she's back in shape after 12 weeks' women. When I read things like that, I just think, 'Oh for f—'s sake, that's actually impossible.'"

Kate Winslet

Bring on the halftime show conspiracy theories

You can't perform at the Super Bowl without a certain (always entertaining) corner of the Internet picking apart the annual halftime extravaganza in search of Illuminati clues and symbolism.

Among those symbols on display this year, apparently, were the very important Masonic Checkerboard — though her dancers were playing chess, not checkers, but whatever — and the Masonic Lion that Perry rode into battle.

Except it was a tiger. But again, whatever.

There's just so much going on here, it clearly has to be the work of a secret organization that controls the world, right?

Katy Perry

Backstreet Boys look back to their roots — warts and all

VOD. Documentary, Show 'Em What You're Made Of, follows the band back to Orlando while recording their latest album

NED EHRBAR
Metro in Hollywood

The Backstreet Boys are taking time to look back, creating a documentary to do so. After being brought together 22 years ago in Orlando by wealthy businessman and eventual convicted felon Lou Pearlman, The Boys — Nick Carter, Howie Dorough, Brian Littrell, AJ McClean and Kevin Richardson — let a camera crew follow them as they revisited their past and recorded their 2013 album, In a World Like This. The result is Show 'Em What You're Made Of, available on VOD. We sat down with the band to chat about what it was like to see their lives on screen.

The Backstreet Boys: AJ McLean, Kevin Richardson, Brian Littrell, Nick Carter and Howie Dorough. GETTY IMAGES FILE

When you saw the documentary, were there any parts that were hard to watch?
Nick: I think, individually, we each probably had something that was a little difficult. If you want to get specific, for me, I didn't like watching myself cry and go through that whole experience with my teacher, because I'd kind of put that in the back of my mind. It was a tough time in my life, and seeing myself cry — that's (hard) for me.
AJ: I think kind of reliving everything with Lou and being at the house ... that whole situation affected us each differently. I think there were high moments and there were low moments even making the film. Some were much more emotional than others. It was a great learning experience — a relearning experience.
Brian: My voice therapy stuff is hard to watch, just because it was such a trying time in my life ... It was something I really tried to hide. I didn't want it to be on the documentary, but it just kind of evolved and came out. But it's good that I'm better now and getting stronger each and every day.

Did any of the outfits from the '90s make you cringe?
Howie: Absolutely. Of course.
Kevin: There were quite a few. Lots of interesting fashion.

Were there moments that stick out?
Nick: Favourite bad ones?
Brian: We just saw an interview of us backstage in the green room for the Grammy Awards.
Nick: The Grammys!
Brian: It was 1999, and the question was, "So what do you Backstreet Boys think about the Internet? Do you think it's going to be something pretty cool?" And (AJ) is in a white top hat, white suit.
AJ: White everything.
Brian: He looked like ... Willy Wonka.
AJ: I looked like Dr. Seuss.
Howie: You looked like Marilyn Manson.
Brian: No, Willy Wonka!
AJ: OK, Willy Wonka. Everyone's in dark colours and I'm just random, as per usual.
Brian: I think he thought he was in Jodeci or Boyz II Men.
AJ: There were definitely some wardrobe faux pas back in the day.

Music

Similar songs are often just a coincidence

SOUND CHECK
Alan Cross
scene@metronews.ca

You've probably heard about the Sam Smith/Tom Petty controversy, which saw Petty receive a portion of the songwriting credits for Smith's song, Stay with Me, because the chorus was a note-for-note copy of the chorus in Petty's 1989 hit, I Won't Back Down.

This was a negotiated settlement between two parties. There was no lawsuit. Everyone agreed that this was simply one of those unfortunate sonic coincidences where someone unknowingly writes a song that sounds the same as an older track. With only so many ways to place the notes of the Western scale in a pleasing melodic order, this sort of thing happens all the time. When it happens, it's time to negotiate.

Let me give you an example. Back in the '80s, a friend of mine co-wrote a song that completed a comeback album for a big-name group from the '70s. His deal involved an escalating series of royalty payments based on the album's success.

When his song was released as a single, a new set of royalties kicked in. The higher the song climbed on the charts, the better it got. In the end, the song made it into the U.S. Top 10.

A few years later, the manager of a group from Europe contacted my friend's people. "We're planning to release a single that we've noticed has certain obvious melodic similarities to a song written by your client. We expect this song to be a major hit, so here's what we propose."

In exchange for not creating a legal stink, a deal was worked out whereby the more successful the European group's single became, the more money my friend would make.

Hush money? Maybe. But my friend was the first to put those notes in that order.

This new single was a massive hit, reaching No. 1 in the U.S. and four other countries and Top 10 in five others. Sales topped well over a million worldwide. And my friend received some very nice cheques for a song he never wrote.

So the next time you hear a song that sounds like one you've heard before, don't start screaming about ripoffs. Chances are everyone involved has long been compensated.

Sam Smith
GETTY IMAGES

Singer invites fans to watch her record — inside a box

Recording. PJ Harvey creates a public studio surrounded by one-way mirrors at a London arts centre

From within a jungle of musical instruments and audio cables, a voice flows like nectar: British singer PJ Harvey recording her ninth studio album in front of an audience hidden by one-way mirrors.

The 45-year-old rocker, wearing headphones and a black trouser suit, is surrounded by musicians and her producer, Flood.

"And one, two, three, four," she counts, before attempting yet another version of a track for her new album, the first since 2011.

The box-shaped studio is designed to accommodate an audience, and is built inside the neo-classical arts centre of Somerset House on the bank of London's River Thames.

"I was looking for a space to record in London and knew I didn't want it to be a conventional recording studio," Harvey said.

She explained that her songs often take on the atmosphere of the recording space, and that the "resonance" of Somerset House — originally a Tudor palace that later housed the Royal Navy command and tax office — chimes with some of the album's historical themes.

The public can attend the sessions in groups of 40. The studio is an enclosed white box, with one-way glass allowing the audience to witness the process while remaining invisible to the musicians, transforming the process into "sculpting in sound," Harvey said.

The musician had once hoped to become a visual artist — she gave up the chance to study sculpture at London's Central St. Martins art college to record her 1992 debut album Dry — and visual art remains a "prime inspiration."

"I want it to operate as if we're an exhibition in an art gallery," Harvey said. "I like the idea of the vitrine, that you're looking into a glass display case at a record being made." AFP

Fan participation

The experience makes the audience "a little bit part of the recording," said 22-year-old audience member Gigi Birch. "Because I'm a musician myself, I thought I'd be a bit like an intruder violating someone's vulnerable space. (But) I was transfixed."

British rocker PJ Harvey. AFP

Reality of unrealistic ideals

Body image. How women are confronting the pressure to meet media and advertising's narrow views of beauty

SEPTEMBRE ANDERSON
life@metronews.ca

Viola Davis addressed beauty ideals during her acceptance speech at the SAG Awards. GETTY

Thursday is the new Friday, at least in the television world, where the prime-time triumvirate of Shonda Rhimes, Kerry Washington and Viola Davis has taken over TV screens.

The seat-gripping dramas How To Get Away With Murder, Scandal and Grey's Anatomy, however, are not only reshaping the TV landscape but also sparking important conversations about body image and beauty ideals.

After New York Times critic Alessandra Stanley called Davis "not classically beautiful" and compared her looks with women like Halle Berry and Washington, the actress didn't respond — until she accepted the award for outstanding performance by a female actor in a drama series award at the Screen Actor's Guild Awards last month.

"Thank you for thinking that a sexualized, messy, mysterious woman could be a 49-year-old, dark-skinned African-American woman who looks like me," she said, alluding to Stanley's below-the-belt comment.

"I think her saying very clearly that a sexy woman and a mysterious woman and a lead actor could look like her was something that everyone needs to hear and be reminded of," said PhD candidate and fat activist Jill Andrew.

"It's the need for representation and it's the need for relevant representation."

Media and advertising are often known to present narrow, unrealistic depictions of women that are leading to unhealthy results.

According to a study by Dove, only four per cent of women worldwide think they are beautiful and between 600,000 to 990,000 Canadians suffer from eating disorders like bulimia, anorexia and binge-eating disorder.

Andrew is no stranger to battling with her weight.

"One of the first lessons I learned was that perfection was really hard to get to and like many people, I practised," said Andrew, who also confronts shadeism in the black community.

"I practised for years to get that perfection, and for me that perfection included diets and sneaking a taste of my mother's Slim Fast strawberry milkshakes. My practice even included a small stint with trying to bleach my skin."

It took years for Toronto-based Andrew, co-founder and executive producer of the Body Confidence Canada Awards, to overcome her self-esteem issues.

Finding a supportive, empowering community and reading books like Ain't I A Woman? by bell hooks were part of her self-love arsenal.

"These sorts of books started me on the path of recognizing that these ideals that were set out for me and for all women really only took a very small percentage of women into consideration," said Andrew.

Rebecca Matchett, meanwhile, grew up on teen magazines and graduated to women's magazines in university. The beauty ideals promoted in these publications affected her self-esteem and it was a strict media cleanse that helped improve the way she viewed herself.

"I'm very conscious on the Internet of the material that I look at," said the 26-year-old project manager from Fredericton, N.B.

"I'm conscious that everybody that I'm looking at in the media is Photo-shopped."

Websites like XO Jane and Beauty Redefined also helped Matchett feel more confident.

"I really started to understand that there are more people like me who want to see images that aren't edited and who want to live in a world where our variety of bodies is OK."

"The more educated we become in peeling back the layers of this facade," said Andrew, "the less it impacts us."

The perception effect

When told men desire full-bodied figures, women felt better about their own weight, say researchers at Southern Methodist University (SMU) in the U.S. "A woman's body image is strongly linked to her perception of what she thinks men prefer," says lead author and social psychologist Andrea Meltzer of SMU. Heterosexual women, says Meltzer, tend to believe men prefer the ultra-thin bodies that dominate the media. "Consequently, this study suggests interventions that alter women's perception regarding men's desires for ideal female body sizes may be effective at improving women's body image," she says. Meltzer conducted three studies of 448 women. In all three studies, women were more positive about their bodies after looking at pictures of voluptuous women portrayed as being attractive to men. AFP

Seeking volunteers with knee osteoarthritis. We need your help for a research study!

The Motion Analysis and Biofeedback Lab at the University of British Columbia is seeking volunteers with knee osteoarthritis to participate in a study assessing the effects of different types of exercise on standing balance and physical function. If eligible, you may receive a supervised training program consisting of exercises to be performed 4 times a week for 10 weeks.

To take part you must:

- be 50 – 80 years old
- have osteoarthritis in at least one knee
- be otherwise healthy (i.e. no stroke, diabetes, or Parkinson's)
- not have had a hip or knee replacement
- be willing to complete 10 weeks of exercise

Visit **www.ubc-mablab.ca** or contact Natasha (604-822-7948 or mablabstudies@gmail.com) for further details!

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Mushrooms bring sunny goodness to soup

Vegan Vitamin D Mushroom Soup.

Turn vitamin-packed fungi into a winter-warming main course

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This time of year, everyone in Canada needs more vitamin D.

The sun isn't strong enough and other sources like fish and fish roe aren't a large part of our diets.

This soup is a great main course on a weeknight with a big hunk of bread and a few nuts. It is low cal, but nourishing and complete.

Directions

1. In a large pot, soften onions in oil over medium heat for a few minutes.

2. Stir in mushroom and vegetable broth.

Ingredients

- 1 onion, chopped
- 1 tablespoon extra virgin olive oil
- 6 cups cremini mushrooms plus a few extra for garnish
- 1 litre vegetable broth
- 1 cup hummus
- 1 cup mixed nuts

3. Cook for 15-20 minutes to heat mushrooms through.

4. Use a hand wand or a blender to purée, then add and blend in hummus.

5. Fry a couple of mushrooms to use as garnish as desired and serve with nuts.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe takes 20 minutes to prepare and makes six servings. THERESA ALBERT

Mushrooms are the only vegan food source of vitamin D. ISTOCK

Mushrooms

Falling in love with versatile, foolproof fungi

I have been a mushroom lover since my grandpère hiked me and my sisters out to the bush collecting puff balls from the meadow along the way.

He simply stuck a cast iron skillet over the fire and plopped a big chunk of butter into the pan.

He took out his Swiss Army knife and sliced the balls into the pan. He flicked them with the knife and then skewered a fat slice into our mouths.

I was in heaven!

It was only later that I discovered how nourishing mushrooms are.

Truly wild mushrooms are even better, but you really have to know what you are foraging for because you can go very wrong.

Filled with nourishment

All fungi contain precious trace minerals.

They also contain:

- The only vegan source of vitamin D (other than sunshine)
- B vitamins to help you fight stress
- Very few calories for their nutrient density
- Beta glucans which are a type of fibre that is proving to lower insulin resistance and lower cholesterol.

Mushrooms are foolproof to cook, they require very little prep time and go into practically anything.

Portobello tip

And, unless you really want a large portobello mushroom cap, save your money and get the same flavour from cremini mushrooms. Creminis are simply baby portobellos.

Chicken with artichokes and mushroom sauce

Directions

1. Season both sides of the chicken cutlets with salt and pepper. Place the flour in a bowl, then dredge each cutlet through to lightly coat.

2. In a heavy sauté pan over medium-high, heat 1 tablespoon of the oil and 1 tablespoon of the butter. When the butter has melted, add the cutlets and cook until golden and crusty on both sides and just cooked through, about 2 to 3 minutes per side. Transfer the cutlets to a platter and cover with foil.

3. Return the sauté pan to the heat and add the remaining oil and butter. When the butter has melted, add the mushrooms and a pinch of salt. Cook until the mushrooms start to soften, about 3 minutes, then add the artichoke hearts. Continue cooking until the mushrooms are tender, another 5 to 6 minutes.

4. Add the wine, broth and lemon juice. Stir to deglaze the pan, scraping up any brown bits stuck to the pan. Let the sauce bubble, stirring, for 1 to 2 minutes.

5. Remove pan from the heat. Adjust seasoning. Place the yogurt in a small bowl and whisk in about 1/3 cup of the mushroom sauce. Whisk the yogurt back into the sauce in the pan. Pour sauce over the chicken, sprinkle with parsley and serve.

THE ASSOCIATED PRESS

Ingredients

- 1 pound thinly sliced chicken cutlets
- Salt and pepper
- 1/4 cup all-purpose flour
- 2 tablespoons olive oil, divided
- 2 tablespoons butter, divided
- 8 ounces mixed or button mushrooms, sliced
- 14-ounce can quartered artichoke hearts, drained
- 1/4 cup dry white wine
- 1 cup low-sodium chicken broth
- 3 tablespoons lemon juice
- 1/2 cup low-fat plain Greek yogurt
- 1/2 cup chopped fresh parsley

metro
LEARNING CURVE
Tuesday, February 3, 2015

Finding a balance between work and play ensures a rewarding reading week. SHUTTERSTOCK

Give your brain a break

ELIZABETH BEDDALL
For Metro

While reading week brings with it an abundance of leisure time, the reality is that this time frame generally precedes a final burst of essays, exams and assignments.

So is it best for post-secondary students to ditch those sun-drenched dreams or trips to the ski hill in favour of time booked in the library?

"Traditionally, reading week is for sitting down and reading, but we encourage the break as well," said Robert Malowany, a student academic success initiative co-ordinator at George Brown College in Toronto.

"Everyone may have their nuances, but the idea is that it's about having that kind of a break that's not just for resting. Let's assess the situation — how's school been going, is there anything that needs to be improved upon in terms of my approach to school?"

As for divvying up business and party time, Malowny said the appropriate timetable will differ from student to student.

"It needs to be an individual assessment," Malowny said. "On average, I would say half of that time should be at play, perhaps spending time with people who bring happiness. But sometimes it's about surviving through the next semester. Spend some time assessing what needs to get done, but some self-care has to be involved."

So while you might not want your books to gather serious dust during reading week, don't completely forgo your plans to put your feet up.

"The brain is just like a muscle," Malowany said. "When you're working it out hard and doing rep after rep, you eventually need to rest."

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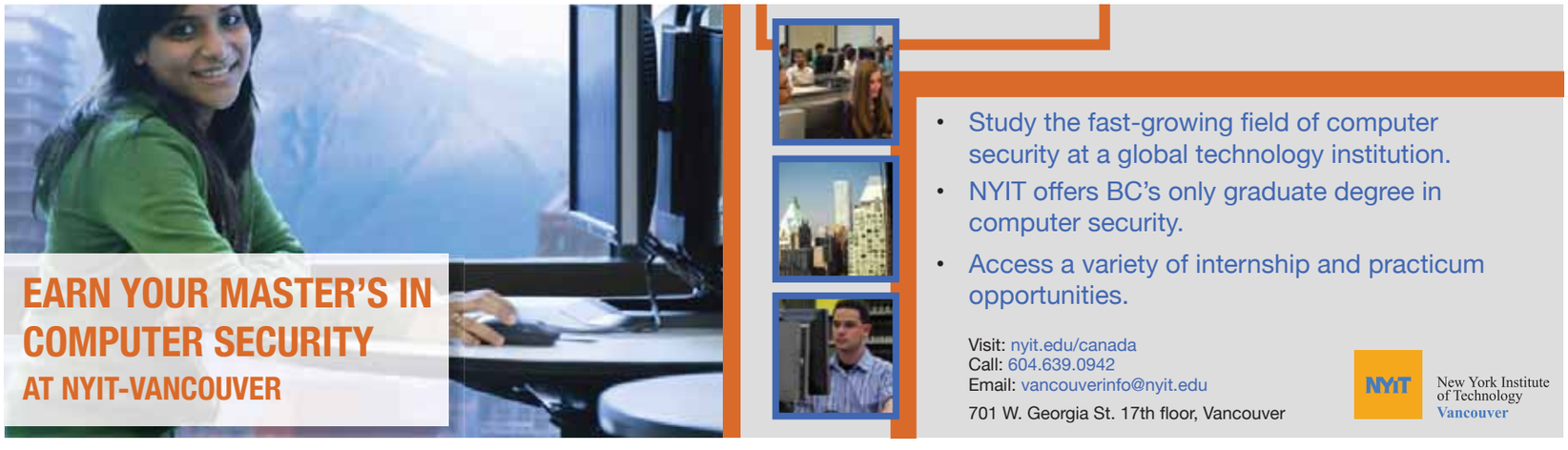
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BCIT adds new degree

The British Columbia Institute of Technology (BCIT) recently announced it will be offering a bachelor of engineering in mining and mineral resource engineering this fall.

The degree will be the first of its kind in Canada. No other program in the country combines the study of mineral exploration geology along with mine engineering. The program will prepare students for key roles in the discovery, evaluation, development, operation, and remediation of mineral resource projects.

Robert Stevens, BCIT associate dean of engineering and natural resources, spoke about the importance of the new degree in a press release. "This degree will close the knowledge gap that often exists between geologists and engineers," Stevens said.

DANIEL HENDRIKSEN

Get to the next step with a mini MBA

JENNIFER TAPLIN
For Metro

Mini MBA programs are very popular and are available at more and more universities across the country. SHUTTERSTOCK

If years of study and expensive tuition are simply not an option, think small, real small.

Mini MBA programs are very popular and are available at more and more universities across the country. While there is no certification at completion, these programs teach managers enough of what they need to know to get to the next step.

"It's for managers who have come up through a functional route like sales, finance, marketing or engineering and they're moving into their first real general management position," said Hugh Evans, director of executive education at the Haskayne School of Business at the University of Calgary.

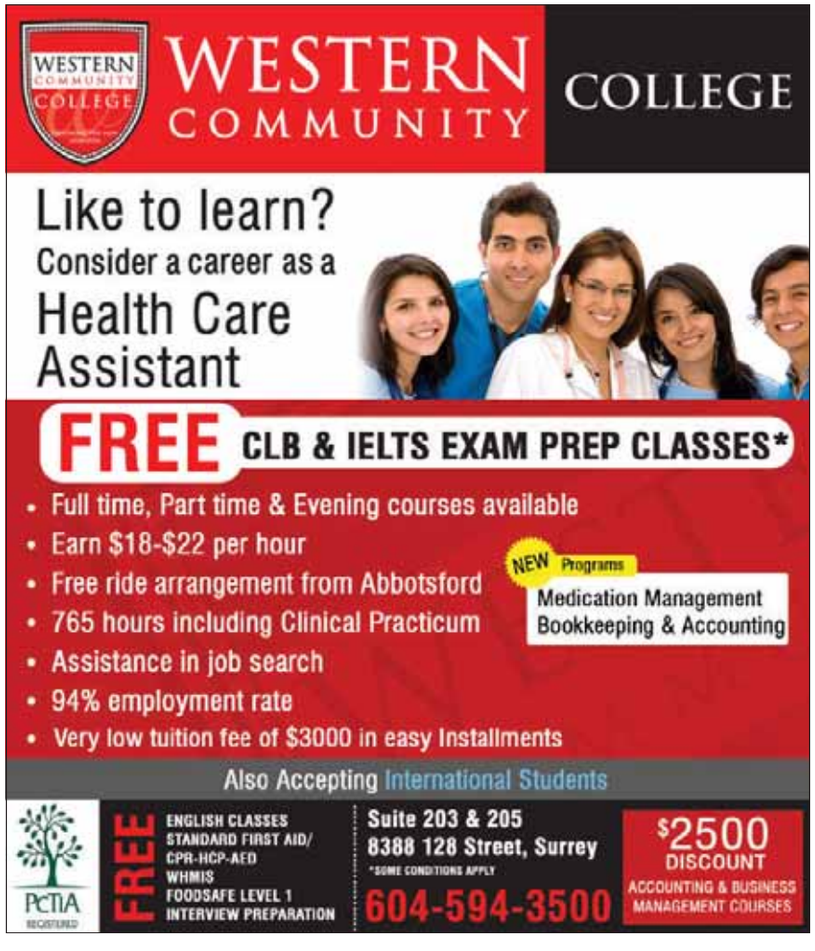
While they might have knowledge in their specialty, they need a broader knowledge of management systems to make businesses work effectively, he says.

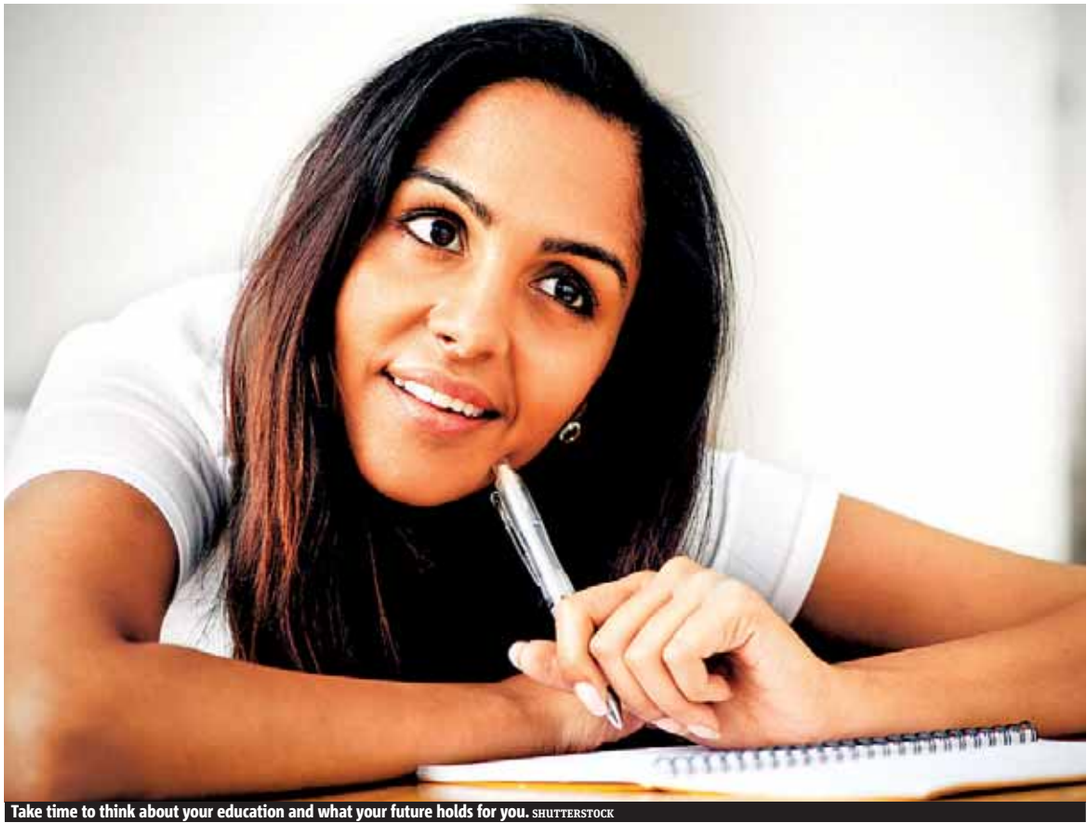
The business essentials program covers the main elements of management practice. This schedule is effective for retention and applying what students learn when they go back to work, Evans said.

"There's pre-reading, post-reading and activities to do, but the most significant red thread that goes through the program is the project."

Students take on a project and use it as a focal point for what they are learning and use the professors as consultants.

Many people choose this type of program to avoid the time commitment and cost of a full MBA program. However, Evans says about 10 to 15 per cent of people in the business essentials program eventually get their MBA. In terms of cost, this mini MBA program is $8,500, where an executive MBA could run about $60,000.





Take time to think about your education and what your future holds for you. SHUTTERSTOCK

A new you. Re-inventing yourself

JANE DOUCET
For Metro

Do you have education goals in mind. Perhaps you want to reapply yourself to your current studies after the holiday break, find the finances to finish a program, or decide whether you want to change your area of study altogether.

The latter case is especially common, with several students dropping out of school at the end of the first term or sometimes after the first few weeks.

"Many young people transitioning straight from high school to college or university haven't given enough thought about what their potential career job really looks like and whether they have the skills and aptitude for it," said Laurie Edwards, the Halifax-based director of career and counselling services at the Nova Scotia Community College.

Before making a decision and applying to a program, Edwards advises doing these three things: Read about the career; talk to someone working in the industry; and try it on for size by volunteering or interning.

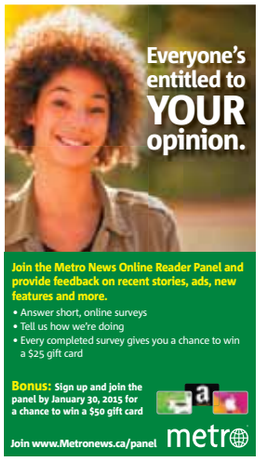
Students who choose to drop out should realize that they are going to have to describe their decision in a positive way to potential employers during job interviews. For example, they could explain that they tried the program but didn't feel it was the right fit for the long term, so they have decided to work to replenish their finances while they investigate their next education steps.

If you like your program but you are struggling with finances or your grades are slipping, it doesn't mean you have to quit.

"Check with the student services and business offices on your campus for financial assistance and look into getting a tutor to help improve your grades," Edwards said.

If lack of motivation is the main problem as second term progresses, Edwards offers this advice.

"Taking part in extra-curricular activities with like-minded people, such as joining clubs, associations or athletics teams, can be a great motivator to get back into studying mode."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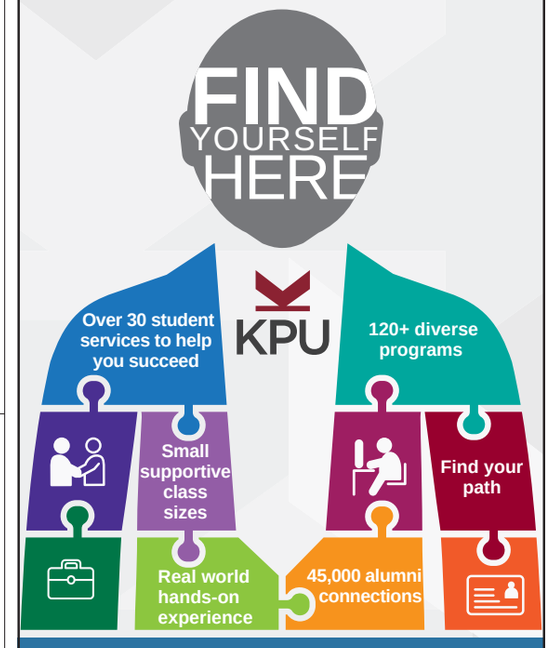

kpu.ca/openhouse

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Simon Fraser announces craft beer program

Beer enthusiasts will be happy to learn that Simon Fraser University (SFU) will soon be offering a certificate program aimed at those interested in brewing craft beer.

The part-time program, which launches in October, will be the only one of its kind in the Lower Mainland. The program is designed to allow craft beer enthusiasts to transform their passion into a career. The curriculum will cover theory with practice, and will teach students about the science, art and business of craft beer.

SFU has partnered with several of the region's top brewers in order to ensure that the course is teaching the most relevant skills to succeed in today's craft beer market.

DANIEL HENDRIKSEN

How to win a post-secondary scholarship

Each year, thousands of Canadian students earn scholarships that help them offset their education costs. Surprisingly, more than $15 million of the $70 million available each year in scholarship dollars goes unclaimed, according to industry estimates.

"Scholarships are a good source of education funding, one that you don't have to pay back," says Melissa Jarman, director of student banking at RBC Royal Bank. "Don't write yourself off as an unqualified candidate. In addition to funding school with your savings, a part-time job, or a student loan, you could receive an unexpected top-up. Even smaller scholarships will help out with your expenses."

Scholarships are available throughout the year, so here are five tips to help you explore your options:

Be prepared to devote time towards fulfilling scholarship criteria. There are often essays, questionnaires and school transcripts to submit. SHUTTERSTOCK

1 Research: Check your college or university's financial aid department. If you are in high school, check to see what scholarships are available to graduating students. Take advantage of online resources such as studentawards.com and scholarshipscanada.com that match you to available scholarships.

2 Be optimistic: If you aren't a straight-A student, be aware that not all scholarships are based on academic standing. Some reward civic engagement, leadership experience, your heritage, affiliations, or a particular skill.

3 Tap your network: You may find scholarships are offered by your employer, sports league or your bank. Ask your parents if their employers offer funding to children of employees.

4 Plan ahead and start early: Be prepared to devote time towards fulfilling scholarship criteria. There are often essays, questionnaires and school transcripts to submit, so allot your time wisely for maximum impact.

5 Be conscientious: Proofread your application and ensure you followed all the instructions. Ask friends and family to review your application before you send it.

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The passion for performing arts

Pursuing a career in the performing arts is not for the faint of heart. It takes passion, drive, and determination, and the right training.

Canadian College of Performing Arts nurtures the talent and the tenacity and helps its students to strive for career success in performing arts.

"Many will tell you that a career in the performing arts is not a great option as you are always auditioning and always looking for 'the next job,'" says Darold Roles, artistic and education director, Canadian College of Performing Arts (CCPA). "While this can take its toll for many, the payoff is exhilarating."

Roles says CCPA students are working, learning, practising, playing, and pushing themselves 10 to 12 hours a day, six days a week, with career management as a strong component of the training.

"Statistics have shown that, on average, 80 to 100 per cent of our graduates find work in the performing arts," says Roles, adding that alumni of the college include renowned musicians, dancers, actors, casting agents, directors, and producers, all working around the world.

CCPA is a private career training college owned by The Canadian Heritage Arts Society and educates students from across Canada and all over the world.

For more information, visit ccpacanada.com.

CONTRIBUTED

Drafting program prepares graduates

VCC aims to give students the most relevant education

The CADD drafting certificate/diploma program at Vancouver Community College (VCC) prepares students to enter the construction industry confident that they have the skills that employers are looking for.

And to stay on top of these in-demand skills, VCC has been working with industry partners to redesign the curriculum to give students the most relevant education possible.

"We realized that it was possible to accelerate the student learning of the basic concepts, which would gain six weeks within the program to add more learning within the specialty portion of the program, whilst maintaining the duration of the program at 10 months," says Graham Huckin, department head, drafting.

VCC is aiming to update the program with a stronger emphasis on computer 3D modelling and building information modelling (BIM), and increase the technical knowledge base of graduates.

The goal is to have the technician certificate program nationally accredited.

VCC currently offers 10-month drafting certificate programs in three specialty disciplines — architectural, structural steel detailing, and architectural/civil/structural.

The program is designed to prepare someone to enter the workforce at an entry-level position in an engineering design firm, industrial, municipality, developer, fabricator or general contractor work setting.

There are two programs from which to choose.

The first is a one-year certificate program where students will receive training in drafting fundamentals and apply those while learning a specialty. The second is a two-year diploma program where students return and study a second specialty, thereby gaining skills to work in multidisciplinary companies.

"We also endeavour to place before them representatives from the local construction and engineering companies, whose presentations of notable trends and local construction projects are always very well-received," Huckin says.

Graduates currently boast an 89 per cent employment rate in the industry.

The next intake for this program is September. For more, visit vcc.ca/drafting.

INFO SESSION ON WEDNESDAY

For anyone interested in the CADD technician program, they can attend one of the monthly info nights at the downtown campus.

The next one will be held Wednesday, from 4-5 p.m.

Attendees will be able to participate in hands-on software demonstrations and sample computer programs, including AutoCAD, Civil 3D, Revit, and Tekla Structures.

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Program	Campus
Addiction and community counselling skills Tuesday, Feb. 3, 2 p.m. - room 237	Downtown
Music Tuesday, Feb. 3, 4:15 p.m. - room 3001	Broadway
Interior design Tuesday, Feb. 3, 5:30 p.m. - room 718	Downtown
Automotive trades Tuesday, Feb. 3 & 10, 11 a.m. - lobby, building B	Broadway
CADD drafting Wednesday, Feb. 4, 4 p.m. - room 717	Downtown
Access to careers and education Thursday, Feb. 5 & 12, 6 p.m. - room 236	Downtown
Denturist Tuesday, Feb. 10, 3:30 p.m. - room 330	Downtown
Baking and pastry arts Thursday, Feb. 12, 10:30 a.m. - room 216	Downtown

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

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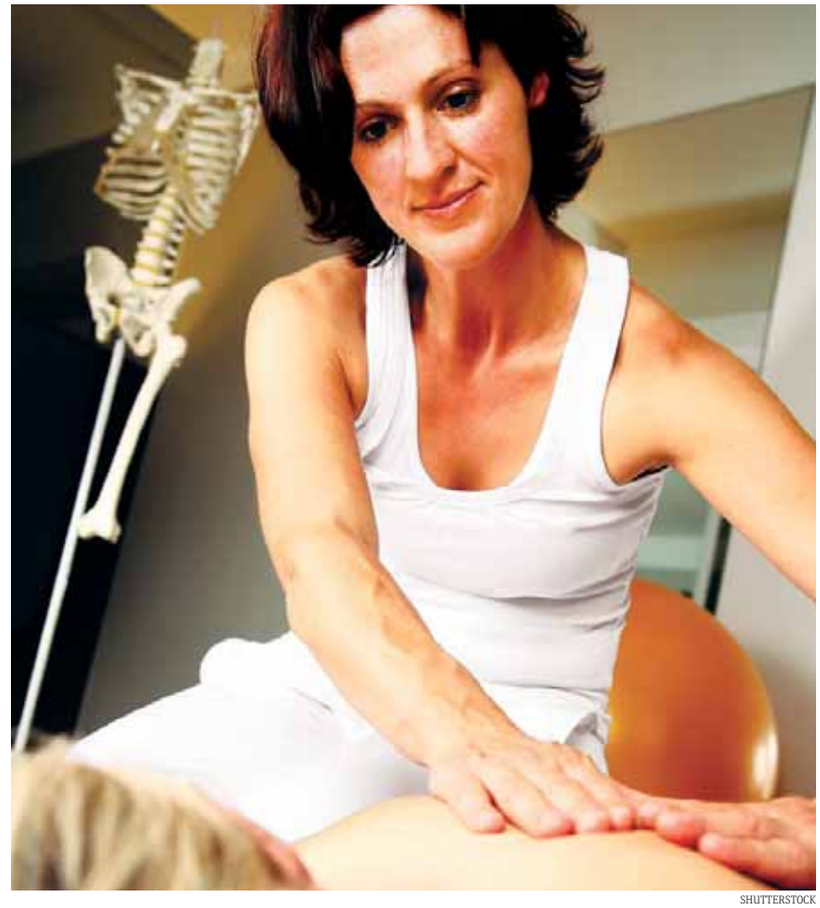


SHUTTERSTOCK

Osteopathy treats the cause, not the symptoms

Find out more at Canadian School of Osteopathy Manual Practice

Clients seek treatment from an osteopath for a wide variety of conditions, including back pain, joint pain, changes to posture caused by driving or work strain, the pain of arthritis, and sports injuries.

The study program in osteopathy at Canadian School of Osteopathy Manual Practice Vancouver campus can train individuals to offer this treatment option in this growing field.

"Osteopathy embraces the philosophy that the body has an innate or natural ability to self-regulate and to heal itself," says Peter Goodman, DOMP — manual osteopath. "The key factor that permits this process to proceed unimpeded is the ability of the body to circulate all of its fluids and liquids."

Goodman says osteopathy treats the cause, not the symptoms.

"Osteopathic manual practitioners assess and treat your body as a whole, seeking to identify areas of the body that are not functioning optimally, then gently easing these restrictions so that normal function can resume."

Goodman says manual osteopathy is based on four basic principles:

- Each structure in the body supports the body's functions. If a structure is damaged, out of place, or otherwise not working properly, the body will not function at its best.
- The natural flow of the body's fluids — lymphatic, vascular, and neurological — must be preserved and maintained.
- The human body is the sum of its parts. Its physical, emotional, social, spiritual, and cognitive systems don't work independently, they work in harmony.
- When the body has no restrictions, it has the inherent ability to heal itself.

Osteopathic therapy is not exclusive to one demographic.

Osteopathic clients include infants to the elderly, athletes and weekend warriors, pregnant women and those trying to conceive, manual workers and office professionals.

For more, visit osteopathy-vancouver.ca.

Clendening: 'I'm ready'

NHL. Productive, young defenceman a necessary addition for Vancouver's blue-line

CAM TUCKER
cam.tucker@metronews.ca

It's not very often you'll hear a Vancouver Canuck give thanks to the Chicago Blackhawks.

The bitter history between the two clubs might be in a dormant state right now because they've gone basically in opposite directions in the years since their fierce playoff battles.

However, recently acquired defenceman Adam Clendening has nothing but good things to say about the Blackhawks, the organization that helped develop him into a player with the potential to be a top-four blue-liner in the NHL.

He did admit last week's trade — Vancouver sent prospect defenceman Gustav Forsling to Chicago — caught him by surprise.

"I didn't expect anything to happen.… They were happy," said Clendening, who made his Canucks debut in Sunday's loss.

"It was nice of them, I guess, to let me move on. They got a great asset going the other way in a couple of years. I think it's going to work out for both sides. I've just got to thank them, really."

The trade happened at a time when the Canucks' depth on defence is being tested, with right-shooting Kevin Bieksa out with a hand injury.

At the age of 22, and a second-round pick of the Blackhawks in 2011, Clendening's production is no secret.

He has put up impressive offensive numbers dating back to his time with the U.S. national team development program. He had 59 points last season with the Rockford IceHogs in the American Hockey League.

Scoring has again morphed into a pressing concern for the Canucks, who are among the worst teams in the league when it comes to production from defencemen. Edler leads all Vancouver blue-liners with 16 points, and collectively as a group, they've combined for just 69 points.

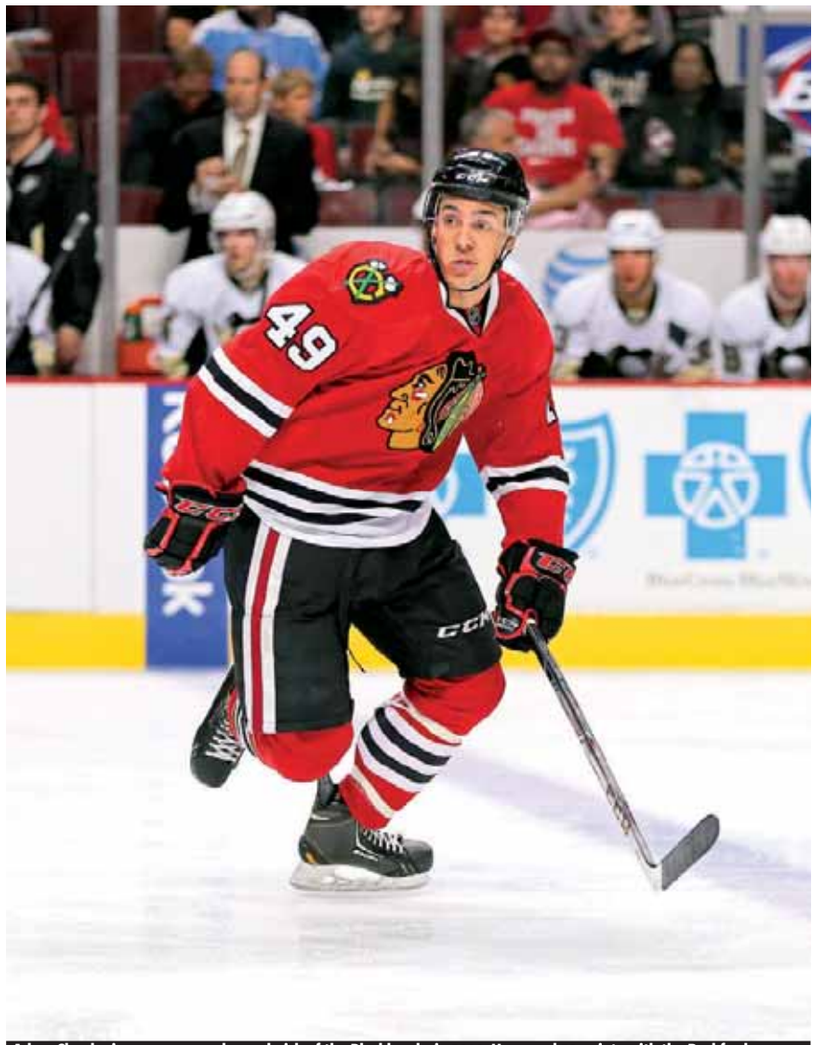
Only the Edmonton Oilers and Buffalo Sabres are worse. With a lengthy audition in a top-four role, perhaps Clendening may help.

"I'm ready for this level," he said.

Follow Cam Tucker on Twitter @camtucker_metro

Kassian

Zack Kassian was a healthy scratch Sunday against the Minnesota Wild. Head coach Willie Desjardins acknowledged Kassian was surprised. "He's a big, powerful guy; does some good things," said Desjardins. "He's just got to work at the consistency in his game."
The Canucks play the Winnipeg Jets at Rogers Arena on Tuesday. Asked if Kassian gets back into the lineup, Desjardins answered, "We'll see tomorrow (Tuesday)."



Adam Clendening was a second-round pick of the Blackhawks in 2011. He scored 59 points with the Rockford IceHogs in the American Hockey League last season. JONATHAN DANIEL/GETTY IMAGES FILE

In Calgary

Bollig, Diaz score their first for Flames in win over Jets

Brandon Bollig and Raphael Diaz both scored their first goals of the season as the Calgary Flames downed the Winnipeg Jets 5-2 on Monday night.

With just a one-goal lead headed to the third period, the Flames struck on the power play at 4:24, making it 3-1 when Diaz let a rocket go from the blue-line that found the top corner.

David Jones, Mason Raymond and Sean Monahan also scored for Calgary (28-20-3). THE CANADIAN PRESS

In Florida

Rangers offence clicks in the third over Panthers

Dan Boyle scored a deflected goal 8:10 into the third period, Rick Nash and Mats Zuccarello added insurance late, and the New York Rangers beat the pesky Florida Panthers 6-3 on Monday night.

Boyle flipped a shot from the left point that hit the stick of veteran Florida defenceman Willie Mitchell and bounced past surprised goalie Roberto Luongo. Zuccarello made it 5-3 with 4:02 left. Nash scored into an empty net at 18:07.
THE ASSOCIATED PRESS

Ovechkin gets first star

Washington Capitals winger Alex Ovechkin is the NHL's first star of January after scoring a league-high 12 goals in 13 games over the month.

Ovechkin also led all players with six power-play goals and 59 shots on goal to power the Capitals to a 7-3-3 January.

New York Islanders centre John Tavares is January's second star after eight goals and eight assists in 12 games to lead the Islanders to the top in the Metropolitan Division.

Boston goaltender Tuukka Rask went 7-1-3 with a 1.61 goals-against average, .949 save percentage and one shutout over the month to claim the third-star award.

Alex Ovechkin GETTY IMAGES FILE

In weekly awards, Montreal goaltender Carey Price is the NHL's first star after a nearly perfect week in the Canadiens' net. Price posted a 3-0-0 record with a 0.66 goals-against average, .980 save percentage and two shutouts to backstop the Habs to three wins in four.

Tampa Bay Lightning centre Cedric Paquette is the weekly second star after scoring five goals in three games.

Minnesota Wild goaltender Devan Dubnyk takes third-star honours. He went 3-0-0 with a 1.00 goals-against average, .967 save percentage and one shutout last week. THE CANADIAN PRESS

NBA

Bucks too good for timid Raptors

The roll the Toronto Raptors were on came to a screeching halt at the hands of the undermanned Milwaukee Bucks on Monday. DeMar DeRozan scored 16 points, but it wasn't enough to lift the Raptors in a lacklustre 82-75 loss to the Bucks, ending the Raptors' six-game winning streak.
THE ASSOCIATED PRESS

Hawks' 19-game winning run ends

The Atlanta Hawks' franchise-record 19-game winning streak was snapped Monday night in a 115-100 loss to the New Orleans Pelicans. Anthony Davis had 29 points and 13 rebounds to help New Orleans win for the sixth time in seven games, a stint that includes victories over several contending squads including Dallas and the Los Angeles Clippers.
THE ASSOCIATED PRESS

Grizzlies leave it late to beat Suns

Jeff Green hit a three-pointer with 4.5 seconds to play as the Memphis Grizzlies rallied from seven down in the final 1:35 to beat the Phoenix Suns 102-101 on Monday. Pau Gasol blocked Markieff Morris's shot at the finish to preserve the victory.
THE ASSOCIATED PRESS

Carroll defends choice to throw

Russell Wilson of the Seahawks looks on after his ill-timed pass was intercepted by the Patriots' Malcolm Butler in Sunday's Super Bowl. GETTY IMAGES

NFL. Seahawks coach stands by pass call and 'instrumental' Bevell

Less than 16 hours later, Seahawks coach Pete Carroll was still stunned by the outcome while defending the decision to call a pass from the 1-yard line in the Super Bowl's closing seconds, a choice that will long be debated. So close to another celebration. So close to becoming the next NFL dynasty.

"The shock of disappointment that this game gets away from us and goes another way right at the finish line," a sombre Carroll said Monday, before Seattle returned to the Pacific Northwest after the 28-24 loss to New England. "It's something that we have to deal with that in the long run of it will make us stronger, and we'll be able to put it in some kind of perspective. It's pretty hard right now."

Quoted

"We're so lucky to have him. He's been absolutely instrumental in everything that we have done."

Seahawks coach Pete Carroll, defending his offensive co-ordinator Darrell Bevell

Carroll stood by the decision for Russell Wilson to throw from the New England 1 with 26 seconds left, a pass that was intended for Ricardo Lockette and intercepted by Malcolm Butler. Carroll also defended offensive co-ordinator Darrell Bevell, who was widely criticized for calling a pass with Marshawn Lynch in the Seattle backfield.

"We're so lucky to have him. He's been absolutely instrumental in everything that we have done," Carroll said. "There is no reservation in that thought, and don't make it out like there is, because he is an awesome guy on our staff, and he is crucially important to our future as well."

Carroll said the clock and the Seahawks' timeout situation dictated they would have to throw once and possibly twice from the 1. He gave credit to Butler for making the interception and fellow cornerback Brandon Browner for jamming up wide receiver Jermaine Kearse on the play, creating open space for Butler to break on the ball.

Seattle decided to throw after seeing New England bring in its goal-line defenders, Carroll said. The Seahawks were also attempting to melt as much time from the clock with Tom Brady standing on the other sideline.

"We easily could have gone otherwise, but when they sent their goal-line guys in, I know that we have the advantage on the matchups in the passing game so let's throw it. It's OK."
THE ASSOCIATED PRESS

Sherman likely to undergo Tommy John surgery

Seattle Seahawks cornerback Richard Sherman played the Super Bowl with torn ligaments in his left elbow and will likely need Tommy John surgery in the off-season.

Seattle coach Pete Carroll said Monday that it was his understanding that Sherman would need the surgery after the All-Pro cornerback was injured in the NFC championship game against Green Bay.
THE ASSOCIATED PRESS

Quoted

"In football, you're never 100 per cent. We were good enough to go. There is no excuse."

Seahawks cornerback Richard Sherman

Atlanta

Quinn named new Falcons coach

The Atlanta Falcons have announced that Seattle defensive co-ordinator Dan Quinn will be the team's next coach.
The Falcons on Monday said Quinn will be introduced at a news conference on Tuesday.
THE ASSOCIATED PRESS

Manziel checks into rehab for unspecified reasons

Johnny Manziel GETTY IMAGES

Browns quarterback Johnny Manziel has entered treatment for unspecified reasons, telling his team he needs to improve himself before rejoining.

Manziel entered treatment last Wednesday, an adviser for Manziel said in a statement released by the team on Monday.

"Johnny knows there are areas he needs to improve on to help him be a better family member, friend and teammate, so he decided to take this step in his life during the off-season," Brad Beckworth said in the statement. THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will work best today if you work as part of a team. Try to remember a certain amount of tension can be creative and there is nothing wrong with a bit of dissent.

♉ Taurus
April 21 - May 21
You need to get rid of all that emotional junk. Be ruthless with yourself — if you let your heart continue to rule your head you won't get rid of half as much stuff as you should.

♊ Gemini
May 22 - June 21
The only danger today is that you will change your plans at the last possible moment and by doing so upset other people's aims.

♋ Cancer
June 22 - July 23
You may be tempted to take some kind of risk today but as there is a full moon in the area of your chart that governs your wealth that may not be a good idea.

♌ Leo
July 24 - Aug. 23
Because today's full moon takes place in your sign you will be more emotional than usual, which has both advantages and disadvantages.

♍ Virgo
Aug. 24 - Sept. 23
If you let your worries get out of hand today it may stop you from taking action and once you stop you will find it hard to get going again.

♎ Libra
Sept. 24 - Oct. 23
Anyone who thinks they know you will be mightily surprised today as you do the opposite of what they predicted.

♏ Scorpio
Oct. 24 - Nov. 22
If someone gets a bit aggressive in their attempts to sell you something you don't want, be it a physical object or an idea, be a bit aggressive back at them.

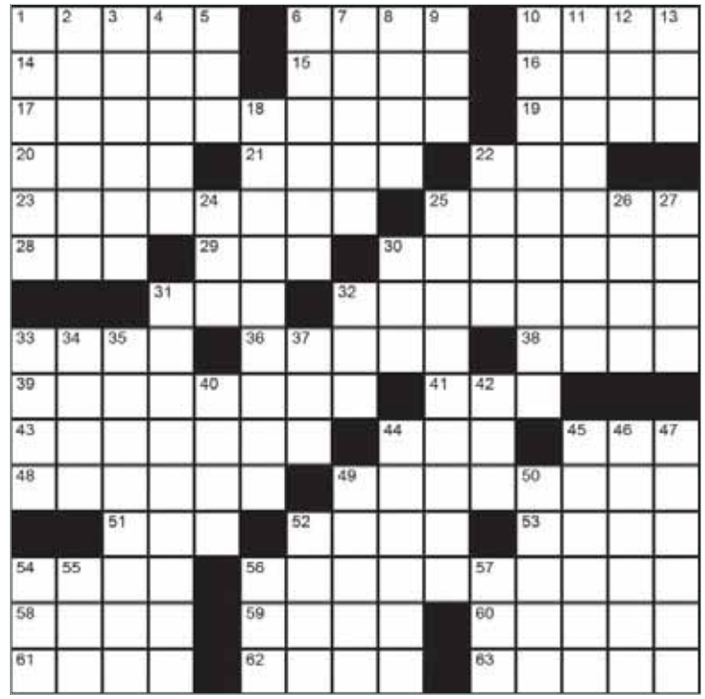
♐ Sagittarius
Nov. 23 - Dec. 21
There seems to be a lot of tension in your dealings with other people at the moment, both in your personal affairs and at work. The good news is that tension can be creative.

♑ Capricorn
Dec. 22 - Jan. 20
Something unexpected will knock you out of your stride today and you will find it hard to get your rhythm back. Don't make a big issue of it.

♒ Aquarius
Jan. 21 - Feb. 19
There is nothing you cannot do, no challenge you cannot handle. If you are a typical Aquarius you will seek out situations that test you to the limit over the next few days.

♓ Pisces
Feb. 20 - March 20
If someone annoys you today just walk away. If you allow yourself to get drawn in you will say things you might later wish you had kept to yourself.

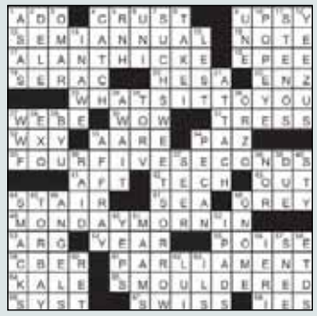
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Easy-running horse
6. Awaken
10. Noodle dish, Pad __
14. Treble clef's lined notes, in sequence
15. Hold up
16. Challenging
17. Canadian composer of "Music Box Dancer": 2 wds.
19. She sheeps
20. Ailed, __ _ fever
21. Twice's opposite
22. "Shameful!"
23. Partnerless laundry pairs: 2 wds.
25. Animal artifact
28. Victoria International Airport code
29. Cold
30. Journalist Mr. Rivera
31. __ culpa!
32. The __ (Family related to Harry Potter)
33. "__ _ silly question..."
36. Don't sit
38. Olive-of-comic's surnamesakes
39. Kenora, ON's Husky the Muskie = __ attraction
41. Mr. Somerhalder
43. Lost in the __ (Farley Mowat book)
44. Compass pt.
45. Actor Mr. Young
48. Breaks up
49. Telephone sound: 2 wds.
51. Bootcamp bigwig, briefly
52. BC: Port __ Bridge (It links Surrey to Coquitlam)
53. Taro root
54. Geological flattop
56. Household spot for miscellaneous items: 2 wds.
58. Organic compound
59. 'Myth' suffix
60. Putting into service
61. People: French
62. Clarified butter
63. Canadian comedian/actress Ms. MacDonald

Down
1. Mount __, Continental Divide peak captured-on-canvas by Lawren Harris of The Group of Seven
2. Sweet Rosie __ (1943) starring Betty Grable
3. _ _ __ _ (Comfort food sandwich, hip-style)
4. __ Edibles (Mrs. Garrett's gourmet shop on "The Facts of Life")
5. Subj. of "Bobby" (2006)
6. Retro toy
7. Powders
8. Archipelago part
9. Lefts opp.
10. Ontario town between Sault Ste. Marie and Sudbury
11. Canadian musician Mr. Workman
12. "All bets __ off."
13. Passports, e.g.
18. Some shoes
22. Crags
24. Goose: French
25. "Right Action" by Franz __
26. Pastoral poem [var sp.]
27. Sports defeat
30. Pistol
31. Elizabethan vocal pieces
32. Actor, Daniel __ Kim
33. Financial hedgers, briefly
34. Ivory __
35. Ottawa Senators captain Erik
37. Cnd. banks, e.g.
40. Cobblestone
42. Cobbler's tool
44. Rip Van __ (Storied snoozer)
45. Long-billed wading bird
46. Tab key function
47. Seinfeld character
49. Greek Myth: Mother of Perseus
50. Bug
52. Plentiful
54. Ms. Ryan
55. Chem. ending
56. Dublin dance
57. __ the wrong way

Yesterday's Crossword

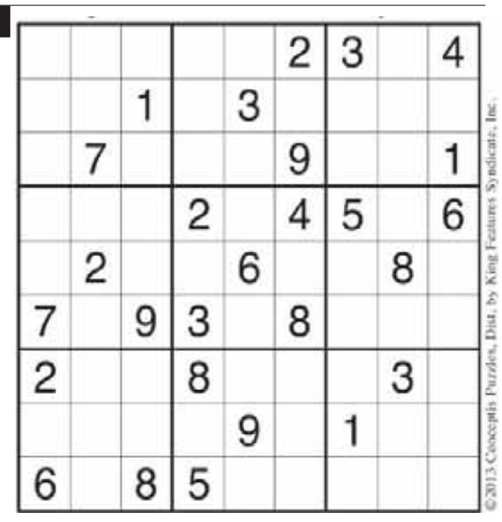


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

5	9	3	2	1	7	4	8	6
4	1	2	6	8	5	3	7	9
7	6	8	3	9	4	5	2	1
9	2	4	7	6	8	1	5	3
3	5	7	4	2	1	9	6	8
6	8	1	5	3	9	7	4	2
8	3	5	9	7	2	6	1	4
1	4	6	8	5	3	2	9	7
2	7	9	1	4	6	8	3	5

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